

Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of the Claims:

1-6. (cancelled)

7. (currently amended) The kit of claim 15-1, wherein the weight ratio of fat in the cooking paste to fat in the dressing is in the range of from 10:1 to 1:1.

8. (cancelled)

9. (currently amended) The kit of claim 15-1, wherein the at least one cooked ingredient (4) is chicken, egg, meat, fish, a vegetable-derived protein source, cooked fruit, cooked vegetables or cooked bread.

10. (currently amended) The kit of claim 15-1, wherein the at least one fruit, vegetable or cereal product comprises salad leaves, a salad vegetable, pasta, rice, cous cous or a wheat based product.

11-14. (cancelled)

15. (New) A kit for preparing salads comprising at least one ingredient which is cooked and at least one fruit, vegetable or cereal product, wherein the kit comprises:

(a) a flavored cooking paste for cooking said ingredient, which cooking paste comprises about 45 to about 75% wt fat and about 0 to about 2% wt water, based on the weight thereof, and

(b) a salad dressing for contacting with the at least one fruit, vegetable or cereal product, which salad dressing is an oil-in-water emulsion and comprises about 15 to about 35% wt fat based on the weight thereof,

wherein the total fat content of said cooking paste and said dressing combined is about 15 to about 50% based on the combined weight of said paste and said dressing;

wherein the weight ratio of the amount of the cooking paste to the amount of the dressing is about 1:5 to about 2:1.

16. (New) A salad comprising at least one ingredient which is cooked and at least one fruit, vegetable or cereal product and which is prepared using the kit of claim 15,

wherein said ingredient is cooked in the flavored cooking paste and said fruit, vegetable or cereal product is contacted with the dressing.